

DINNERLY



Cheesy Roast Pumpkin Pizzas

with Caramelised Onion and Rocket



30 minutes



2 Servings

Cheesy and easy – oh yes, pleasey! With golden roasted pumpkin, sweet caramelised onion and a hit of peppery green rocket, this will be your new go-to veggie pizza.

WHAT WE SEND

- 400g Japanese pumpkin
- 5g Italian seasoning ¹⁷
- 1 onion
- 1 tomato
- 50g cheddar ⁷
- 4 pita breads ^{1,6}
- 50g rocket leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tsp sugar
- 2 tsp balsamic vinegar ¹⁷
- 2 tbs tomato paste

TOOLS

- large oven tray
- baking paper
- box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 630kcal, Fat 24.1g, Carbs 74.2g,
Proteins 20.2g



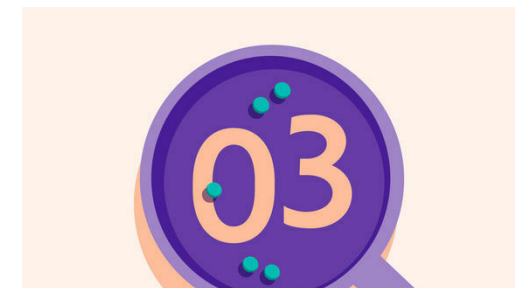
1. Roast pumpkin

Preheat the oven to 220C. Line a large oven tray with baking paper. Crush or finely chop **2 garlic cloves**. Peel the **pumpkin** and cut into 1cm chunks. Combine the garlic, **Italian seasoning** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the pumpkin and toss to coat. Put on the lined tray and roast for 10 mins or until just tender (see Kitchen 101).



2. Prep ingredients

Meanwhile, thinly slice the **onion**. Halve the **tomato**, then thinly slice. Coarsely grate the **cheese**.



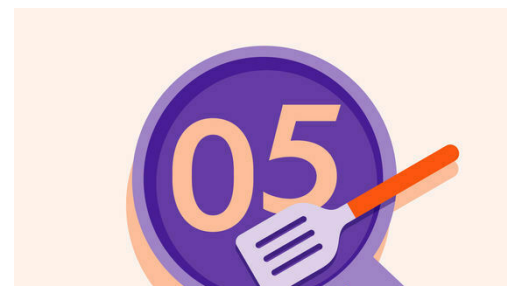
3. Caramelize onion

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **onion**, stirring occasionally, for 8-10 mins until softened. Add **2 tsp sugar** and **2 tsp balsamic vinegar** and cook, stirring, for 2 mins or until caramelised. Remove the pan from the heat.



4. Assemble pizzas

Transfer the **pumpkin** to a bowl, reserving the lined tray. Put **2 pita breads*** on the reserved lined tray. Spread with **2 tbs tomato paste**. Top with the **caramelised onion**, **tomato**, **pumpkin** and **cheese**.



5. Bake and serve up

Bake the **pizzas** for 10-12 mins until the cheese is melted, the pumpkin is cooked through and the bases are golden and crisp. Scatter the **rocket** over the **pumpkin pizzas**, cut into wedges and enjoy!



6. Kitchen 101

The pumpkin won't be completely tender at this point. It will continue to cook when it's added to the pizzas in Step 5.